

Making It Happen

Try to include:

- Fun
- Success
- Variety
- Choice
- Family Participation

Try to avoid:

- Failure
- Embarrassment
- Competition
- Boredom
- Injury

For more information contact your local
DHEC health department.



Active Children are Healthy Children



Ways to help your child become
more physically active.

South Carolina Department of Health and
Environmental Control

Tips on Healthy Activities



Make physical activity fun.

Include activities that will interest your child.

Include Friends.

Include as many of your child's friends as you can, and learn how to include them as often as possible.



Be A Positive Role Model.

As a parent, you need to be active. If your kids see you exercise, they will be more likely to follow in your footsteps.



Involve the whole family.

Start a weekly family fitness outing. It can be as simple as playing ball or walking around the neighborhood.



Be Active With Schools.

Find out what is being taught in your child's physical education classes. Support the teaching of lifetime activities such as walking, biking, running and stretching.

Find A Safe Place to Play.



Find a place free from strangers, cars, dangerous objects, rough play, and environmental factors, such as pollution and trash.

Buy Affordable Equipment.

Such as balls, hoops, ropes, skates, etc. These items can be used in many different games.



Set Goals For Your Child.

Expect kids to be active. Make physical activity a family routine.

Get Involved.

Check with your local Parks and Recreation Department, YMCA, YWCA, churches and after school programs.

When your child participates in physical activity, reward him with praise. Get involved in activities that interest your child.
